

Figure 201: The third eye is also called the mind's eye or inner eye, as it is the gate leads to the inner realms and spaces of higher consciousness

The image shows a screenshot of a web browser displaying a website. The browser's address bar shows the URL `nursewill.cyou`. The website's main heading is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". A navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

The central content area features a large red banner with the text: **"NURSEWILL.CYOU = NURSE WILL SEE YOU"** and **INCREASE TACIT KNOWLEDGE THROUGH BLOG DISCUSSIONS**. Below the banner are three images: a busy city street with many cyclists, a stone bust of a Buddha's head with a third eye symbol on its forehead, and another busy city street with cyclists.

The bottom of the screenshot shows a Windows taskbar with the search bar, taskbar icons, and system tray showing the time as 9:14 PM on 5/11/2022.

Figure 202: It is Known that Lord Shiva using the third eye on his forehead destroys everything it sees, emitting flames that destroy evil

The screenshot shows a web browser window with the address bar displaying "nursewill.cyou". The page content includes a red banner with the text: "NURSEWILL.CYOU = NURSE WILL SEE YOU" and "INCREASE TACIT KNOWLEDGE THROUGH BLOG DISCUSSIONS". Below the banner are three images: a group of cyclists on a city street, a large white statue of Lord Shiva with a third eye on his forehead, and another group of cyclists on a city street. The browser's taskbar at the bottom shows the Windows logo, a search bar, and various application icons. The system tray on the right indicates the time as 9:16 PM on 5/11/2022.

Figure 203: Eating nutritious food and exercise are good for your health

The screenshot shows a web browser window with the URL `nursewill.cyou`. The page features a red banner with the text: **"NURSEWILL.CYOU = NURSE WILL SEE YOU"** and **INCREASE TACIT KNOWLEDGE THROUGH BLOG DISCUSSIONS**. Below the banner are three images: a busy street with many cyclists, a plate of omelette with vegetables, and a group of people cycling on a street.

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

"NURSEWILL.CYOU = NURSE WILL SEE YOU"
INCREASE TACIT KNOWLEDGE THROUGH BLOG DISCUSSIONS

The banner contains three images: a busy street with many cyclists, a plate of omelette with vegetables, and a group of people cycling on a street.

Windows taskbar: Type here to search, 9:15 PM, 5/11/2022

Figure 204: CDC – INFO is for answer to all questions

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Some benefits of physical activity on [brain health pdf icon\[PDF-14.4MB\]](#) [external icon](#) happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

CDC-INFO
You have questions? **We have answers.**
CDC's national contact center and publications fulfillment system

Need help finding a COVID-19 vaccine provider in the U.S.?
Visit [Vaccines.gov](#), text your ZIP Code to 438829 (GETVAX), or call 1-800-232-0233 (TTY: 888-720-7489) for assistance in English, Spanish, and many other languages.
For the Disability Information and Access Line (DIAL), call 1-888-677-1199 or email DIAL@n4a.org.

Have general questions about COVID-19 or the COVID-19 vaccine?
Visit the [CDC COVID-19](#) website or call 1-800-CDC-INFO (1-800-232-4636).
You can also visit the [CDC website](#) for answers to questions on other health topics.

Contact Form





Got questions? **Ask CDC.**

Figure 205: COVID – 19 Information for Travelers, Healthcare Providers, and Health Departments

The screenshot shows a web browser window with the URL nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes: ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, and ART THERAPY.

The main content area features three tabs: "COVID-19 Information for Travelers", "COVID-19 Information for Healthcare Providers", and "COVID-19 Information for Health Departments".

Below the tabs are four columns of content:

- About CDC**: 
Does CDC have any job openings, training, or fellowship opportunities?
- Traveler's Health**: 
What vaccines should I receive before traveling to an international destination?
- Diseases & Conditions**: 
I have symptoms and want to know if I have a disease. What do my symptoms mean?
- Healthy Living**: 
Why is it important to be physically active?

At the bottom, there are three sections:

- Notices**:
CDC-INFO Holiday Closures

New Year's Day	Independence Day
Martin Luther King Day	Labor Day
Presidents Day	Columbus Day
Memorial Day	Veterans Day
- About CDC-INFO**:
CDC-INFO is CDC's national contact center and publication fulfillment system. CDC-INFO offers live agents by phone and email to help you find the latest, reliable, and science-based health information on more than 750 health topics. CDC-INFO is here for you in emergencies, using additional agents and extended hours as needed to support CDC's response.
- How CDC-INFO Supports CDC**:
The contact center answers about 380,000 inquiries a year, on more than 750 health and safety topics, including:
 - Seasonal flu,
 - Ebola,
 - Zika,
 - HIV/AIDS,
 - STDs, and

The Windows taskbar at the bottom shows the date and time as 9:18 PM on 5/11/2022.

Figure 206: CDC Resources in Languages Other than English for Coronavirus, Immunization, Autism, Tobacco use, and Breast cancer screening

The screenshot shows a web browser window with the URL nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

Call CDC-INFO

800-CDC-INFO
(800-232-4636)
TTY 888-232-6348

Regular Business Hours
Monday - Friday
8:00 a.m. - 8:00 p.m. ET

Coronavirus Disease 2019 Questions
8:00 a.m. - midnight ET

English and Spanish (language assistance services may be available)

800-CDC-INFO
(800-232-4636)
TTY 888-232-6348

Email CDC-INFO

Send us your questions 24/7 using our [email form](#).

Statistics:

- receives 6 LETTERS
- gets 250 E-MAILS
- answers 1,000 CALLS
- distributes 24,000 PUBS

CDC Resources in Languages Other than English

Free information and materials in other languages, to print and share

Immunizations.

Since receiving the first inquiries in 2005, CDC-INFO has responded to more than:

- 3,942,585 telephone inquiries and
- 732,258 pieces of correspondence.

CDC-INFO also receives hundreds of inquiries on various health promotion topics such as:

- Autism,
- Tobacco use, and
- Breast cancer screenings.

CDC's national publication fulfillment system

- Distributes more than 11,000 units per day and
- Captures 3,000 document downloads per month from the [CDC-INFO On Demand](#) website.

All publications on [CDC-INFO On Demand](#) are available to the public **free of charge**, and many are available for **immediate download**.

Figure 207: Promoting Social and Emotional Health with Feature Topic, Stress During the Covid-19 Pandemic, How Are Feeling Now?, Promoting Healthy School, Isolation and Older Adult Health

The screenshot shows a web browser window displaying a website. The browser's address bar shows the URL 'nursewill.cyou'. The website's main header includes the title 'Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending' and a navigation menu with items: ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, and ART THERAPY.

The main content area features a large hero image of a family (a man, a woman, and two children) running in a field at sunset. A text box overlaid on the image reads 'Promoting Social and Emotional Health'. Below the image is a paragraph: 'Experiencing stress, isolation, loss, or systemic social inequities is harmful to the health of Americans. Improving emotional well-being, social connectedness, and resiliency through research-based health promotion and prevention programs is critical to population health.'

To the right of the hero image is a 'Featured Topic' section with a portrait of a woman and the text: 'How Are You Feeling? The pandemic has taken a toll on many of us. Learn how you can cope.'

Below the hero image are four content tiles:

- Stress During the Covid-19 Pandemic:** Accompanied by a red and white virus particle image. Text: 'Anxiety and stress about what could happen during the pandemic can be overwhelming. Learn how to [cope with stress](#).'
- How Are You Feeling Now?:** Accompanied by a photo of a man with a beard. Text: 'You are doing the best you can, but certain things may still be out of your control. Find what helps. [HowRightNow.org](#)'
- Promoting Healthy Schools:** Accompanied by a photo of a teacher in a yellow jacket. Text: 'The [Whole School, Whole Community, Whole Child](#) strategies and practices can support student health and learning.'
- Isolation and Older Adult Health:** Accompanied by a photo of an older man looking out a window. Text: 'Loneliness and social [isolation can put older adults at risk](#) for serious health conditions, including [depression](#).'

The Windows taskbar at the bottom shows the search bar, task view, and various application icons. The system tray on the right indicates the time is 9:19 PM on 5/11/2022.

Figure 208: Promoting Cultural Connectedness, Workplace Health Promotion, Measures of Well-Being, Well-Being and Public Health

The screenshot shows a web browser window displaying a website. The browser's address bar shows the URL nursewill.cyou. The website's main heading is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". A navigation menu at the top right includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY".

The main content area features four cards:

- Promoting Cultural Connectedness:** Accompanied by an image of a woman and a child wearing face masks. The text states: "[Healthy Tribes](#) works with communities to strengthen cultural connections to improve health and wellness and prevent disease."
- Workplace Health Promotion:** Accompanied by an image of a woman in a patterned top. The text states: "Implementing health and emotional well-being [strategies](#) and [programs](#) in the workplace can improve workers' quality of life."
- Measures of Well-Being:** Accompanied by an image of two men smiling. The text states: "The [Behavioral Risk Factor Surveillance System](#) collects data on Americans' physical and mental health to help inform federal, state and local programs."
- Well-Being and Public Health:** Accompanied by an image of a compass with an arrow pointing to "WELL-BEING". The text states: "[Well-being](#) is a measurable outcome that can help quantify Americans' satisfaction with life through public health surveys."

Below these cards are two informational boxes:

- Looking for Mental Health Information?** On CDC's mental health site, find information on mental illness, a quiz, tools and resources, data and statistics, and publications.
- Coping with a Disaster or Traumatic Event** CDC Resources on taking care of your emotional health during and after a traumatic event.


In the bottom left corner, there is a logo for the National Suicide Prevention Lifeline, featuring a purple and blue ribbon and the text: "NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidpreventionlifeline.org".

The browser's taskbar at the bottom shows the Windows logo, a search bar, and various application icons. The system tray in the bottom right corner displays the date and time as "9:20 PM 5/11/2022".

Figure 209: Prevention Research Centers (PRC) are network of 26 academic research centers in the United States to counter the risks for chronic illnesses

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending

ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY



PRC
PREVENTION
RESEARCH CENTERS

What's New

PRCs Work to Increase COVID-19 Vaccine Confidence
CDC recently awarded \$13 million to the PRC Network to **explore COVID-19 vaccine confidence**. All 26 PRCs received \$500,000 in supplemental funding to form a new network in support of the agency's [Vaccinate with Confidence](#) strategy. To learn more, visit the [PRC Vaccine Confidence Network webpage](#).

KidsWalk Coalition Leads to Safer Places to Walk in New Orleans.

The Prevention Research Centers (PRCs) are a network of 26 academic research centers in the United States that study how people and their communities can avoid or counter the risks for chronic illnesses. Through rigorous research, each center conducts at least one main project with an underserved population that has high rates of disease and disability. Projects are conducted with community partners who are engaged throughout the research effort. The centers also work with partners on Special Interest Projects (SIPs). These projects focus on a

<https://www.cdc.gov/prc/study-findings/research-briefs/walking-friendly-community-path.htm> SIP funding is competitively awarded to the schools of public health or medicine in the PRC Network. Additionally, groups of PRCs work

Figure 210: PRC Study Finding within health topics Aging, Cancer, Community Health Workers, Epilepsy, HIV, Nutrition, Obesity, Physical activity, and Tobacco

The screenshot shows a web browser window with the URL <https://www.cdc.gov/prc/study-findings/epilepsy.html>. The page header includes the text "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending" and a navigation menu with items: ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, and ART THERAPY. The main content area is titled "PRC Study Findings" and contains the instruction: "Click the below boxes to discover the latest Prevention Research Centers' findings within these health topics." Below this instruction are seven clickable boxes, each with a representative image and a label: "Aging" (image of three elderly people), "Cancer" (image of red blood cells and a virus), "Community Health Workers" (image of people's hands in a circle), "Epilepsy" (image of a tree with a human head silhouette), "HIV" (image of wooden blocks spelling HIV), "Physical activity" (image of people exercising), and "Tobacco" (image of a lit cigarette). The Windows taskbar at the bottom shows the date as 5/11/2022 and the time as 9:21 PM.

Figure 211: Chronic Diseases in America, 6 in 10 Adults in US have chronic disease, 4 in 10 Adult in the US have two or more the Key Lifestyle Risks for Chronic Diseases such as Heart Disease, Cancer, Chronic Lung Disease, Stroke, Alzheimer. Diabetes, and Chronic Kidney Disease

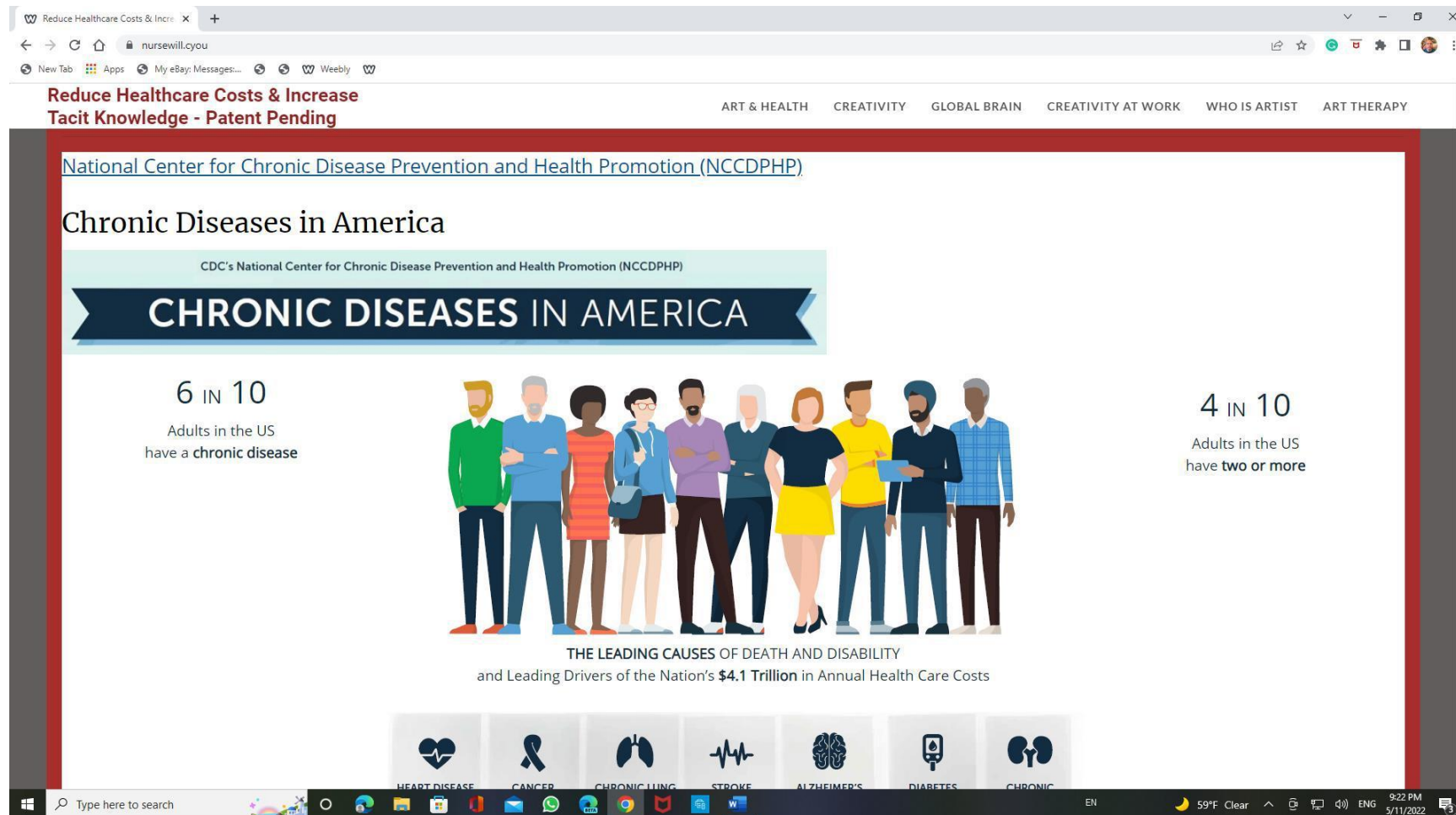


Figure 212: NCCDPHP Prevents Chronic Disease and Promotes health for people of all ages Improving quality of life, Increasing healthy life expectancy, and Reducing healthcare costs

The screenshot shows a web browser window displaying a website. The browser's address bar shows the URL 'nursewill.cyou'. The website's main heading is 'Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending'. A navigation menu includes 'ART & HEALTH', 'CREATIVITY', 'GLOBAL BRAIN', 'CREATIVITY AT WORK', 'WHO IS ARTIST', and 'ART THERAPY'. The main content area features a dark blue header with the text 'THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE'. Below this, four circular icons represent 'TOBACCO USE', 'POOR NUTRITION', 'LACK OF PHYSICAL ACTIVITY', and 'EXCESSIVE ALCOHOL USE'. A large blue box on the left contains the text 'NCCDPHP PREVENTS CHRONIC DISEASE AND PROMOTES HEALTH FOR PEOPLE OF ALL AGES'. To the right, a group photo of diverse people is overlaid with three icons: a heart, an hourglass, and a dollar sign with a downward arrow, corresponding to the text 'IMPROVING QUALITY OF LIFE', 'INCREASING HEALTHY LIFE EXPECTANCY', and 'REDUCING HEALTH CARE COSTS'. At the bottom, a blue banner reads 'WE WORK TO IMPROVE HEALTH ACROSS THE LIFE SPAN'. The Windows taskbar at the bottom shows the search bar, various application icons, and the system tray with the date '5/11/2022' and time '9:22 PM'.


Figure 213: We (NCCDPHP) work to improve health across the life span where people live, learn, work, and Play

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending


ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

WE WORK TO IMPROVE HEALTH ACROSS THE LIFE SPAN


Where People Live, Learn, Work, and Play




Infants
Reduce the leading causes of infant death and illness.



Children and Adolescents
Help support healthy communities, child care programs, and schools so children can eat well, stay active, and avoid risky behaviors.




Adults
Help adults lead healthy and active lives and increase the use of preventive services like cancer screenings.




Older Adults
Promote quality of life and independence for people as they age.


WHAT WE DO




Find out how chronic diseases affect populations in the United States.



Study interventions to find out what works best to prevent and control chronic diseases.



Fund and guide states, territories, cities, and tribes to use interventions that work.



Share information to help all Americans understand the risk factors for chronic diseases and how to reduce them.

HOW WE DO IT

9:23 PM 5/11/2022

Figure 214: How we do it - Measure how many Americans have chronic diseases or chronic disease risk factors, Improve environments, Strengthen health care systems, and Connect clinical services to community programs

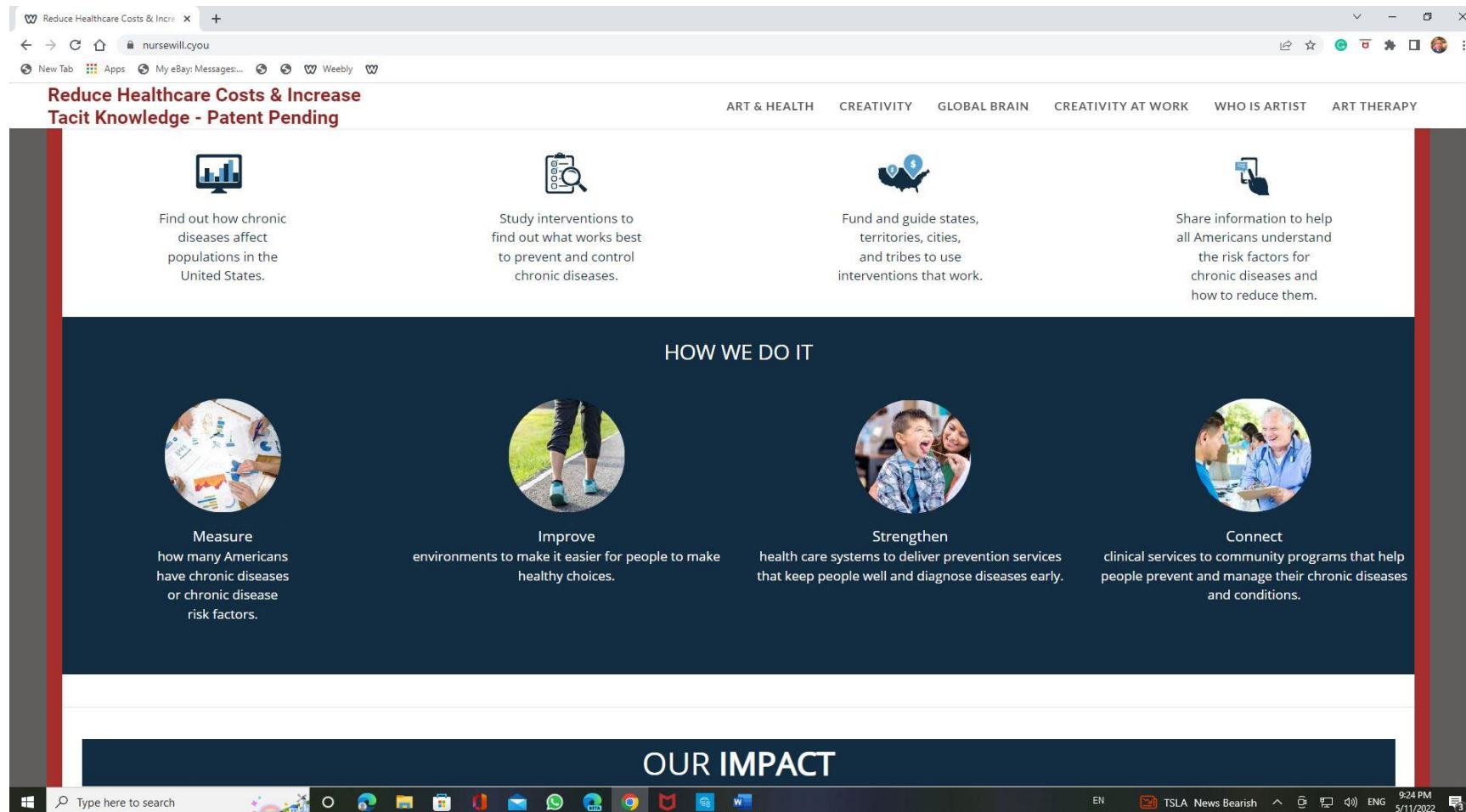


Figure 201: From 2012 to 2018, 16.4 million smokers attempted to quit, and physical activity guidelines increased from 44% in 2008 to 54% in 2018, preventing an estimated 135,000 cardiac events from 2012 to 2016, averting \$5.6 billion in medical costs, Teen birth rates fell 60% from 2007 to 2019— an all-time low.

The screenshot shows a web browser displaying a website with the following content:

- Page Title:** Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending
- Navigation:** ART & HEALTH, CREATIVITY, GLOBAL BRAIN, CREATIVITY AT WORK, WHO IS ARTIST, ART THERAPY
- Section Header:** OUR IMPACT
- Impact 1:** From 2012 to 2018, 16.4 million smokers attempted to quit and 1 million successfully quit because of the *Tips*® campaign. (Icon: person with cigarette and checkmark)
- Impact 2:** The Million Hearts® initiative prevented an estimated 135,000 cardiac events from 2012 to 2016, averting \$5.6 billion in medical costs. (Icon: heart with pulse line)
- Impact 3:** The percentage of children from low-income households with dental sealants increased from 22% in 1999–2004 to 39% in 2011–2016. (Icon: children with a tooth)
- Impact 4:** The proportion of adults meeting aerobic physical activity guidelines increased from 44% in 2008 to 54% in 2018. (Icon: group of people walking)
- Impact 5:** Teen birth rates fell 60% from 2007 to 2019— an all-time low. (Icon: two young women)
- Impact 6:** Over 570,000 people have participated in the National Diabetes Prevention Program lifestyle change program. (Icon: man with a glucose monitor)

Figure 216: Health and Economic Costs of Chronic Diseases: 90% of the Nation's \$4.1 trillion in annual health care Expenditures


The screenshot shows a web browser window with the URL nursewill.cyou. The page title is "Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending". The navigation menu includes "ART & HEALTH", "CREATIVITY", "GLOBAL BRAIN", "CREATIVITY AT WORK", "WHO IS ARTIST", and "ART THERAPY". The main content area features a slide from the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) titled "Health and Economic Costs of Chronic Diseases". The slide contains the following text: "90% of the nation's \$4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.^{1,2}". To the right of this text is an image of a stethoscope on a clipboard. Below the slide, there is a paragraph: "Chronic diseases have significant health and economic costs in the United States. [Preventing chronic diseases](#), or managing symptoms when prevention is not possible, can reduce these costs." Underneath this is a section titled "Diseases" with a sub-section "Heart Disease and Stroke". This sub-section includes an image of a doctor checking a patient's blood pressure and the following text: "Nothing kills more Americans than [heart disease](#) and [stroke](#). More than 877,500 Americans die of heart disease or stroke every year—that's one-third of all deaths. These diseases take an economic toll, as well, costing our health care system \$216 billion per year and causing \$147 billion in lost productivity on the job.³". The Windows taskbar at the bottom shows the time as 9:25 PM on 5/11/2022.

Figure 217: Health care expenditures from Heart and Stroke, Cancer, Diabetes

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ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Heart Disease and Stroke




Nothing kills more Americans than [heart disease](#) and [stroke](#). More than 877,500 Americans die of heart disease or stroke every year—that's one-third of all deaths. These diseases take an economic toll, as well, costing our health care system \$216 billion per year and causing \$147 billion in lost productivity on the job.³

Cancer



Each year in the United States, more than 1.7 million people are diagnosed with [cancer](#), and almost 600,000 die from it, making it the second leading cause of death. The cost of cancer care continues to rise and is expected to reach almost \$240 billion by 2030.⁴

Diabetes



More than 34.2 million Americans have [diabetes](#), and another 88 million adults in the United States have a condition called prediabetes, which puts them at risk for type 2 diabetes. Diabetes can cause serious complications, including heart disease, kidney failure, and blindness. In 2017, the total estimated cost of diagnosed diabetes was \$327 billion in medical costs and lost productivity.⁵

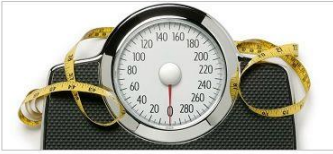
Windows taskbar: Type here to search, EN, BABA News Bullish, 9:25 PM 5/11/2022

Figure 218: Health care expenditures from Obesity, Arthritis, Alzheimer's Disease

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ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Obesity




[Obesity](#) affects 19% of children and 42% of adults, putting them at risk of chronic diseases such as type 2 diabetes, heart disease, and some cancers. Over 25% of young people aged 17 to 24 are too heavy to join the US military. Obesity costs the US health care system \$147 billion a year.⁶

Arthritis



[Arthritis](#) affects 58.5 million adults in the United States, which is about 1 in 4 adults. It is a leading cause of work disability in the United States, one of the most common chronic conditions, and a common cause of chronic pain. The total cost attributable to arthritis and related conditions was about \$303.5 billion in 2013. Of this amount, nearly \$140 billion was for medical costs and \$164 billion was for indirect costs associated with lost earnings.⁷

Alzheimer's Disease



[Alzheimer's disease](#), a type of dementia, is an irreversible, progressive brain disease that affects about 5.7 million Americans, including 1 in 10 adults aged 65 and older. It is the sixth leading cause of death among all adults and the fifth leading cause for those aged 65 or older. In 2020, the estimated cost of caring for and treating people with Alzheimer's disease was \$305 billion. By 2050, these costs are projected to be more than \$1.1 trillion.⁸

Type here to search


EN BA News Bullish 9:26 PM 5/11/2022

Figure 219: Health care expenditures from Epilepsy, Tooth Decay, and Cigarette Smoking

Reduce Healthcare Costs & Increase Tacit Knowledge - Patent Pending


ART & HEALTH CREATIVITY GLOBAL BRAIN CREATIVITY AT WORK WHO IS ARTIST ART THERAPY

Epilepsy



In the United States, about 3 million adults and 470,000 children and teens younger than 18 have active [epilepsy](#)—meaning that they have been diagnosed by a doctor, had a recent seizure, or both. Adults with epilepsy report worse mental health, more cognitive impairment, and barriers in social participation compared to adults without epilepsy. In 2016, health care spending for epilepsy was \$8.6 billion in direct costs.⁹

Tooth Decay




[Cavities](#) (also called tooth decay) are one of the most common chronic diseases in the United States. One in six children aged 6 to 11 years and one in four adults have untreated cavities. Untreated cavities can cause pain and infections that may lead to problems eating, speaking, and learning. On average, 34 million school hours are lost each year because of unplanned (emergency) dental care, and over \$45 billion is lost in productivity due to dental disease.^{10,11}

[Top of Page](#)

Risk Factors

Cigarette Smoking



[Cigarette smoking](#) is the leading cause of preventable death and disease in the United States. More than 16 million Americans have at least one disease caused by smoking. This amounts to more than \$225 billion in direct medical costs that could be saved every year if we could prevent youth from starting to smoke and help every person who smokes quit.¹²

Windows taskbar: Type here to search, 9:26 PM, 5/11/2022